

Senior Services

NORMAN PARK CENTER

270 F Street 691-5086
Karen Harvell,
Recreation Supervisor III

Kathy Wigginton,
Recreation Supervisor II

An exciting array of educational courses, health programs, exercise, dancing and special events. Classes and special interest groups include but are not limited to singing; yoga; creative writing; coin collecting; T'ai chi; line, square, round and ballroom dancing; painting; watercolors and bridge. Many classes have open enrollment and do not require advance registration.

Hours of Operation

The center is open Sunday through Friday. Please call the center for hours.

Planning an Event or Party?

The Norman Park Center is available all day on Saturday and on Sunday evening for rentals. Call (619) 691-5086 for information.

Newcomer Orientation

Each month there is a newcomer orientation on the first Thursday at 11 am. Please bring a potluck dish to share and join us for lunch at 12 noon.

Chula Vista Senior Club

Norman Park Center. Serving the residents of Chula Vista. Neighboring community members may join as donor members. The Club has a \$3 annual membership fee.

Oxford Seniors on Fridays

Boys & Girls Club, 333 Oxford Street
Serving the residents of the Montgomery area of Chula Vista.
\$2 annual membership fee.

Trips with the Senior Club

The Chula Vista Senior Citizen Club operates a trip program at the Senior Center. The office is open Monday and Thursday from 10 am - 1 pm. For more information call 476-5356.

Extended Trips

Laguna Pageant of the Masters:
July 7 - 8
The Trails of Lewis & Clark:
August 4 - 12

Day Trips

San Diego Fair:
June 24
Museum of the American West:
June 30
Foxploration & Lobster at Calafia:
July 28

Dates to Remember

All events require advance sign up or ticket purchase.

June 10: Bingo
June 15: Macular Degeneration Talk
July 6: Medicare Talk
July 22: Hot Diggity Dog BBQ
July 29: Summer Dance
August 12: Luau

Sing-a-longs

Join Norman Park's Singing Seniors by the fireplace for singing and entertainment. 2 pm, 3rd Tuesday each month.

Volunteer Opportunities

The Senior Program has numerous opportunities for individuals to work with staff to develop and oversee programs and services. A great opportunity for someone looking to be part of our team! Please call Kathy Wigginton at (619) 691-5086 or (619) 409-5890.

Creative Writers Group

If you enjoy writing stories and want to explore your creative side, this fun class is for you!
Tuesdays 2 pm

Amateur Photo Group

Learn the basics of composition and photography that will turn a snapshot into a photograph to be proud of.
1st & 3rd Friday 10 am

Scootin' Scooters

Learn the techniques of maneuvering around town in a scooter or wheelchair; discuss equipment and enjoy socializing with friends.
3rd Friday 1 pm

Ukulele Singing Group

Come join the ukulele singing group. We have ukuleles to use, so you don't need your own to get started!
Tuesdays 10 am

Transportation for Seniors

Lutheran Social Services, located upstairs at Norman Park, has volunteers who will take seniors to doctor appointments, the grocery store, pharmacy, the bank, Kaiser Zion, Veterans Hospital, and Norman Park for \$3 each way. This program is free for persons who are low income. Registration is required ten (10) days in advance of your first ride, with five (5) days in advance thereafter. For more information, call (619) 476-7055.

Are You OK?

Do you have a friend or relative that you check on who lives alone? Is it getting harder to check on them, but you don't know how else to help? Norman Park Center offers a free phone service called "Are You OK?" At a specific time each Monday through Friday morning, we call to make sure the people enrolled in the program are still safe and sound. Staff will be happy to answer your questions about this and other free programs designed to keep older adults independent and safe. Together we can make a difference.

Vial of Life

Project CARE's Vial of Life program gives you a record of all your prescription and over-the-counter medications. This magnetized plastic box adheres to your refrigerator door and can be given to paramedics or be taken with you to the doctor's office.

Please join us anytime for "Vial of Life" and "Are you OK?" open registration at Norman Park Senior Center.

Rental and Homeowner Rebate Assistance

If you are a homeowner or renter and are at least 62 years of age, blind, or disabled, you may qualify for a one-time payment. You must have an adjusted household income of \$37,250 or less. File between July 1 and October 15. To make an appointment or to pick up forms, call (619) 691-5086.

CLASSES FOR SENIORS

The following classes are taught at the Senior Center. Some are taught in collaboration with area adult schools. For registration or more information, call (619) 691-5086.

World Affairs Class

Mondays 10 am

Longevity Stick

Tuesdays 9 am
Intermed/Advanced 10 am

Casual Crafters

This craft class makes items for Community Assisted Living Facilities. Instructor: J. Oliver

Wednesdays 9:30 am

Spanish Language

Wednesdays/Fridays 9:45 am

Ballroom Dance Class

Learn Tango, Fox Trot, Waltz & Swing.
Fee: \$2 Resident / \$2.50 Nonresident

Mondays 1 pm

Country Line Dance Class

Fee: \$3 Resident / \$3.75 Nonresident

Tuesdays

Beginners 11 am
Intermediate 10 am

Strength Training

Fee: \$1 per class
Instructor: K. Bodge

Wednesdays 6 pm

Yoga

Fee: \$1 per class

Wednesdays 7:15 pm

ADULT EDUCATION CLASSES

June 14 - August 5

Watercolors (Free)

Mondays 9 am

Exercise (Free)

Mon - Thu 8 am

Yoga (Free)

Fridays 8 am

Yoga (\$25 per semester)

Thursdays 5 pm and 7:15 pm

AROUND TOWN ADULT CLASSES

Villa Serena

1231 Medical Center Dr. (619) 934-8001

"Feeling Fit Club" Exercise

M/W/F 11:30 am - 12:30 pm

Congregational Towers

288 F Street (619) 420-8700

Exercise

Tue & Thu 12:30 - 1:30 pm

English as Second Language

M/W/F 2 - 4 pm

Check with your neighborhood community center regarding ceramics, exercise, yoga, tai chi, as well as other classes they offer for adults.

COMPUTER LEARNING CENTER

Senior Net

Classes on the Internet, word processing, basic computer skills, digital cameras, card making and email are offered in the Computer Learning Center. The annual membership fee is \$40. Information is available at the Center Mondays & Wednesdays from 10 - 11:30 am, and Thursdays from 12 - 3 pm. Class fees are \$20 for residents, \$25 for nonresidents. The Learning Center is always looking for volunteers to teach the developed text, provide technical assistance or supervise the labs. Classes are on-going.

55 Alive Drivers Training

Fee: \$10

June 16 & 18 12:30 - 4:30 pm

July 16 & 21 12:30 - 4:30 pm

August 18 & 20 12:30 - 4:30 pm

Call (619) 641-7020 to register.

Info, Referral & Social Services

Norman Park provides numerous services for seniors and their families by utilizing community agencies and trained volunteers. The center also has extensive resources and references to assist in addressing the needs of seniors in the community. Some of the services offered at the center include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities who qualify, health insurance counseling, health screening and bereavement support.

LIFE OPTIONS ANNEX

www.lifeoptionsouthbay.com

Hours: Mon/Tue/Thurs, 9 am - 3 pm

The Life Options South Bay program provides direction and connections for persons over 50. Life Options is a resource for learning opportunities and a resource for channeling skills and talents into significant community service.

The www.lifeoptionsouthbay.com website is a reference guide for retirees and persons nearing retirement interested in expanding opportunities in the areas of education, health, second career training, job opportunities, fitness, recreation, travel and volunteerism. This project is a collaboration with Southwestern College, The City of Chula Vista Norman Park Center and the Chula Vista Coordinating Council.

